

**Amendments to the Specification:**

Please replace paragraph [0022] with the following amended paragraph:

[0022] Continuing with the present example, the plate ~~[[24]]~~ 22 includes a recess 58. In some embodiments, the recess 58 has a concave shape, and is configured as a spherical-shaped socket. However, it should be understood that other configurations of the recess 58 are also contemplated, such as, for example, cylindrical, elliptical or other arcuate configurations or possibly non-arcuate configurations.

Please replace paragraph [0030] with the following amended paragraph:

[0030] The present embodiment provides some unique features. For one, as a rotational motion between the two plates 22, 24 occurs about the axis R, the elastic members 96 will be urged to rotate about an ~~axel~~ axle 99. The ~~axel~~ axle 99 may be fixed to one or both of the members 96 and the cord 98, or may allow complete rotation. When the elastic members 96 begin to rotate, this causes a separation to occur between the two plates 22, 24. Another unique feature is that the placement of the cord 98 between the elastic members 96 and the projection 56 helps to keep the device 20 in proper arrangement while it is being inserted in place (in the disc space for the present embodiments). Also, the cord 98 can be used to prevent excessive translational movement, such as when the concave recess 58 includes a trough for promoting such movement.